



Best of the best  
two editors  
selected  
Page 12

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



It's all about  
respect  
Adolescents  
giving parents  
special week  
Page 11

MONDAY, SEPTEMBER 21, 2009

CONESTOGA COLLEGE, KITCHENER, ONT

WWW.CONESTOGAC.EDU.CA/SPOKE

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## In the money

### More than 70 at college make over \$100,000

#### By NICHOLAS SPENCER

The man is certainly closing down on Conestoga College, well at least when it comes to dollars.

The government's public sector salary disclosure list, known as the Sunstone List, was released on April 1. On it were the names of all the employees who made over \$100,000 a year, including professors and staff at all levels.

At Conestoga College alone there were over 30 staff members who made the list, including college president John Tibbles, several vice-presidents, deans and professors.

Tibbles makes \$220,000 a

year, a figure that exceeds the salary of Brock University President Jack Lightfoot, who currently makes \$180,576.

However, according to Lancaster Harbour, the president of OMBEU Local 313, which represents the full-time faculty, Tibbles' salary was well within the norm.

In comparison, the president of the University of Waterloo makes \$245,000, the president of Wilfrid Laurier University makes \$113,270 and the president of Fanshawe College makes \$171,260.

According to the salary database, the top base salary for a full-time professor is \$106,320. However, most Conestoga

teachers make the list with salaries that ranged from \$100,000 to \$141,560.

These professors are getting a premium on their salary, such as co-ordinating extra duties or additional teaching. "There are many who may not appear near the top," said Harbour.

He said that it's not until 2007 that professors were made that way over the list.

According to Harbour, the number of Conestoga professors on the Sunstone List this year is nearly the same as last year.

However, that number will increase dramatically in 2010 as faculty maximum salary increases to more than \$105,000.

## Writing contest offers unique opportunity

#### By NICHOLAS SPENCER

Do you want to put a twist on the life of a professor you know or hate?

Friends Publishing House is launching the first ever Letters and Legends writing contest. "We really admire the work of Paul Martin," contestants will write a short chapter about former Liberal prime minister Paul Martin or the life of Bill or a Minister.

They will also be required to write a one-page bio on their minister in order to be considered for entry.

"When we started with two Conservative prime ministers, John Diefenbaker and John A. Macdonald, we wanted to choose a Liberal and a Liberal," said Rosalie Bonsu, author of *The Mystery of the Monogram Murders: An early adventure of John Diefenbaker* and owner of Friends Publishing House.

Bonsu chose the minister

center with the Lieutenant and Minister Secretary of the Ontario Ministry of Education.

The John Diefenbaker book was also published by Friends. They will also be releasing the writing entry.

The company will choose one winner and up to 10 runners-up entries, depending on the quality. "The runners-up may have their information and a short biography published on Friends' website, Friendspublications.com, and will also receive a small prize for making it to the short list of contestants."

The winner will be awarded a book publishing contract with Friends.

"The winner should look up some issues on the Internet, such as addictions and parents, etc., so, as soon they figure out their first chapter," said Bonsu.

The writer can take a true-life story of Martin or the time

and put a little twist on it, such as him getting involved in a crime or a story of when he wrote his first love.

"Within the parameters that respect his family name and the time period, the writer could come up with just about anything," said Bonsu.

"Since this is the first year for the contest, we only expect around 50 entries," he said. "The chances of winning are very high with a well-written chapter."

The fee for entry is \$10. Anyone who wishes to compete must be a student or have graduated within the last two years. Only Canadian citizens and English immigrants are eligible to enter. The deadline for submissions is Aug. 1, 2010 and the winner will be called and announced in the fall. For further information, go to www.friendspublications.com.

#### FASHION FORWARD



PHOTO BY LINDA RICHARDSON

Canadian fashion designer Rosalie Bonsu launched her fall 2010 collection at LG Fashion Week. All of his entries were wearing black boots. For more info and more photos, see Pages 8 and T Contests.html.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could meet one person in the  
world, who would it be and why?



'President of China, just  
because.'

Ben Dugay,  
second year  
marketing

'Jesus, because he's the  
most influential man.'

Stephanie Marle,  
second year  
marketing



'Barack Obama  
because he's insightful and  
smart.'

Karen Wiggs,  
second year  
marketing



'Matthew McConaughey  
because the way he lives  
his life relates a lot to me  
and my life.'

Steve Thompson,  
second year  
marketing



'General Butler because he's  
decency.'

Karen Davies,  
second year  
marketing



'Gandhi because he's an  
adult and nice.'

Stacey Serein,  
first year  
design and  
communications fundamentals



Barry Coe, because he could be the most important

## 30-hour famine

April 23

By STANLEY PALMERSON

More than one billion people worldwide do not get enough to eat. More than 100 million children under the age of five are underweight due to poor nutrition.

To help combatants in on this, World Vision is holding a 30-Hour Famine on April 23. Canadians all across the country will start starving themselves and organize for 30 hours holding fundraising activities to raise money. Participants can decide where their famine funds go by selecting from a list of countries where World Vision works.

The year 2002 was added to the list due to the devastating earthquake on Jan. 12 that killed more than 260,000 people and devastated millions of others.

Other countries you can select to send your funds to include: Albania, Cambodia, Ethiopia, Honduras and Rwanda.

During the famine, there will be a variety of activities to help participants learn about world hunger and have fun at the same time.

"It's a really great cause," said Mary Tobin, a member in the breakfast chapter. "It gives you a perspective on what life is like in third world countries and everyone who are suffering."

World Vision offers health care programs to help strengthen children's immune systems.

This will make it easier for children to fight off diseases, pneumonia and malaria.

For you to donate the 30 percent of the funds received by World Vision Canada goes to programs that combat poverty and help children and communities succeed. If you are interested in participating in the famine this year, sign up to a group leader and organize a famine event.

All the tools you need are at [www.hungerfamine.ca](http://www.hungerfamine.ca)! Instead, students can also earn education credits by doing the 30-hour famine.

## SELLING THE BOOKSTORE'S SALE



Alex Kotsopoulos and Clifford the Cossack had a great time advertising a sale for the bookstore. On March 30 students received 25 per cent off textbooks.

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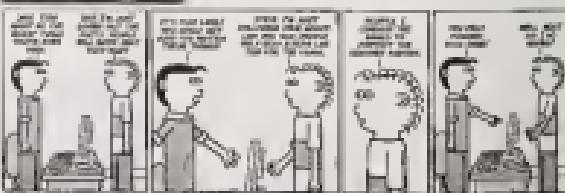
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## FOR YOUR INFORMATION





# Our littering legacy

By ERIC COOPER

As a Catholic you just have to live when the world makes. It's like getting out of hibernation and discovering the beauty of the world all over again. We shed the layers of spiritual slumber in favor of blossoms, flowers and flying dogs.

Also, you can clean out all the old papers from last summer! Every dried, pasty, pink mulch pile is like a time capsule now revisited, after being sealed by Mother Nature just a month ago. Remember that egg crate you had to chop because the box was missing or the Tuna can you threw out the day before at a fast-food-thief, well, good news, they're still there.

On the measure, A planet long cleaning-free in the wind at the most beautiful night in Ireland. It even got a chance in the most American beauty. But that's not just to the rules above (Dietrich) because there are thousands of these modern art pieces right in our backyards. Those gravity-suscepted art go-bangs, but in an unshaded stand against the likes of happy innocence we just watched green. Don't get me wrong, Catholics put out the garbage. We won't confess. But if the garbage can happens to get tipped over or attacked by neighborhood animals, then where did you want them to? We did our part.

Later, you're on the ground in heaven's a lot problem. Our afterlife, and souls are just mixed with the remains of a shiny good time. However, everyone knows where your great tasteless art just goes to. We can't be expected to keep cleaning up nature just that is tasteless just because we are trying to save the planet. Sorry Father World, take it up with the game companies.

Another thing that is great about humans is drinking beer and smoking cigarettes. Even better, breathing those bad fumes on rocks and bloody blooming capriotti bats and letting the wind scatter them in everywhere. Smoking bats is just a good time and everyone knows smokers don't care playgrounds past animal childhood games of tag more often.

As for "properly disposing of cigarette butts," of a necessity has a specific use for smoking than it has designated at the being covered in trash. Throwing the butt and watching it's bark out on the ground is no much cooler than putting it out properly.

The man above represents the position of the newspaper, not necessarily the author.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer.

Letters will be contact-ed for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 293

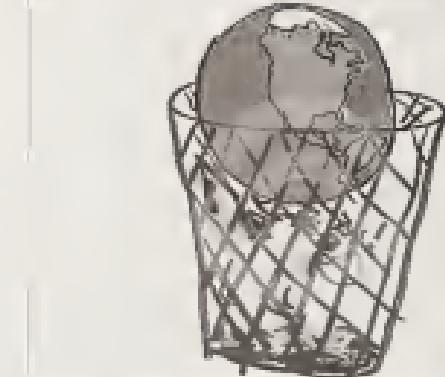
Down Valley Dr.

Downsview, Ontario, Canada

M3N 1K4



Letters should be no longer



Spring's arrival and the subsequent brownish reveal humankind's disdain for the planet.

## Catholic scandals embarrassing

For most 18-year-old high school students, winning a scholarship to an unaccredited university generally considered the wedding of a lifetime.

As a Catholic high school student, those doctors were part of my everyday life for four years. My Sunday evenings were often spent riding through my local roads, an attempt to find my shadowed drivers and black slacks.

In addition to uniforms, morning prayers, occasional exorcisms and religion classes separated us from the Diocesan school students from our secular counterparts.

Despite shaming my Catholic beliefs, I still identify with the church in some ways, and share in the common sense of embarrassment. I decided never to emerge in my shadowed clothing again, so I became a shadow of myself, showing others power and privilege at the expense of others.

Look around, schools emerged of a present religious modesty and around 2000 died before at St. John's School for the Deaf in Wimberley between 1960



Chris  
Bazz  
Opinion

and 2004. Informed documents released by the New York Times detail the horrific behavior of this priest, putting a portion of authority over children. After learning of this scandal, various officals disagreed on whether or not to prosecute the priest, but agreed that preventing the church from scandal was the top priority.

In Germany, allegations of sexual abuse by church members are exploding and pose an even greater threat to the church as they already face Pope Benedict XVI in the scandal. The Pope is under scrutiny by the new Chancellor or successor, Gerhard Schröder, who was later convicted of molesting boys. The priest, continues stories in the German press, was once accused by then-Archbishop Joseph Ratzinger, who currently serves as the Pope.

These troubling allegations and scandals raise several unanswered issues in the Catholic Church that must be addressed.

The church needs to make sure its bureaucracy and establish a more reasonable system of discipline within its ranks. Openness and transparency, particularly with issues of child abuse, are needed to show followers and the public that people that those abuses will be protected and punished, but not protected and brought to justice.

A more radical measure that must be considered is allowing clergy members to marry. Allowing marriage would attract a different type of candidate to be ordained.

The church needs to begin taking measures to stop sexual predators from its ranks, and ensure that child abuse is preventable. Refocusing the bureaucracy and allowing priests to marry would be a significant step toward modernizing the church and rehabilitating its damaged reputation.

It would also make it a little bit easier for Catholic school students everywhere

## SPOKE

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卷之三

Baroness Meacher and Glynn Morgan leave the (quasi-)public housing at Stansmore to their Romeo. The Redundantment wall provided by four rated transformation methods. Their efforts rated over 10000 have a colour in one of the several ways of Decatur

# Students fundraise for Ecuador

Ergonomics

Cambridge College now  
encompassed students held a  
university fundraiser for  
a school in Ecuador on March  
11. Streaming for Sun Requests  
was the place of Cambridge  
Marin's 1st live and in-store  
show in Waterloo, and featured  
the music of the Canadian  
alt/rock players *Dragonette*,  
*Bedtime*, and *Green*.  
Avalon Between the two  
main acts, students from  
both Ontario brought the  
sense of the Latin American

The event, which was organized by Nidia Preston, the mother of Stefan, Sophie, Andi and Sarah, was attended over 1000 for a school in Santa Fe. The area is one of the poorest neighborhoods in Beaumont separated by Quan.

McGloin was one of the people who entered the gunnery rifle. "I didn't know but I had a good time and got good time than money going to make a good money."

With looks much as described  
supra and Verhaer's  
intended. However, wings  
inspired by such subjects as  
the Swallow and Shrike. Trunk  
and system was already enjoying  
the services of giant green  
backbone and tail.

The evening after he arrived after Salomon finished a *Moore County* version of the classic song *Way Way* He then thanked all the guests with a *thankyou* speech detailing his recent visit to the People. He put a personal touch on the evening leaving some of *Glendale, Arizona* *Phoenix* and

The children of San Joaquin will benefit, thanks to the donations and hard work they went into Streamlining for San Joaquin.



walk in with your taxes, walk out with your money. Ask us about Instant Cash Back. An average refund with us is \$1000, so book an appointment today. Visit [backtaxes.ca](http://backtaxes.ca) to find an office near you.

Click, call or come over



ANSWER

10 of 10

# Every collection tells a story

## David Dixon

In David Dixon's world every fashion collection tells a story.

For fall 2003 the Toronto designer took inspiration from love letters written by his grandfather to his ailing mother during the Second World War. In the spring of 2003, he modelled a pretty British girl look, with white beribboning on his prints and his spring 2004 collection was inspired by a trip to Newport, Rhode Island.

Dixon, who is considered one of Canada's brightest and most thoughtful designers, draws cross-culturally and his designs often use the language of Toronto's fashion week.

For his fall 2003 collection he was inspired by the human spirit, seeing the world's resistance to the dictatorship in Hugo and Chile and the way people across Canada gave and joined in to celebrate all together.

Dixon's newest effort, his autumn-winter 2004 fashion collection, is a celebration of diversity and unity.

To represent diversity he used fabrics from and techniques from different countries and cultures to create his vision of a new global tribe uniting the diversity into a collection. He used silk fabrics such as handwoven silk from Spain, upcycled strips of leather symbols of Africa, Indian saris, traditional Chinese cloth, Japanese prints, Canadian wild fox, South African denim and India's sari borders.

Dixon has also given an opportunity to fall 2003's established artists of having their work used with his currently launched brand, Barkers by David Dixon.

Author of *Bad Girls*, Jennifer, was inspired by Corryton Street in London, a popular place for followers of the Rock and Roll era, dancing the night away, and places of great social and cultural change. Corryton Street and its famous 1960s club, all-night boutique shopping, trendy places to meet and a night's night life.

"When I was in London last year it was a high source of inspiration as we were a range of great and unusual shops, unique people and culture," Dixon said in his *Barbican Week* pamphlet.

"For the fall 2004 fashion collection, I wanted to capture the essence of that period. It

was a period of freedom and individuality and the start of pop culture. But the individuality of that time still influences us in all areas of design today. There is a strong influence of pop art, like Mondrian and Rothko, eight-military color scheme, Twiggy, Anna Wintour and Mary Quant all play a role."

David Dixon's Barkers and Corryton Street share great prints and unusual qualities, making them a perfect combination to create this new collection.

It was refreshing to see one regular-sized plus-size woman with black ribbed shorts and patterned door panels with the runway having runway looks of giving a fashion week, wearing plus-size plus-size and these signature Barkers garments.

Colours of Barkers, black, black and white and grey, the collection made of handwoven cotton dresses, waterfalls, animal hair, silk and leather hoodies.

The looks were sophisticated and classic with a touch of edgy. Exactly what we remembered Barkers to be.

## Gaudet

Stéphane Gaudet, designer of *Barbican Week*, with their collection inspired by Mexico, a woman from the Greek legend of down and the Aztecs.

Thus we saw Mexican and Gaudet's newest year garments on LG Fashion Week, as they were much more and away last year's show and then \$2000 and this year \$1000.

"Mexico was certainly inspiring and we were looking for a Grecian story," said Marianne Gaudet. "We came up with Mexico and found her to be an incredibly powerful woman with white mag-



Gaudet's ready-to-wear gauzy and lace looks, three hours to make.



This entirely white ensemble dress took 3 months for Marianne Gaudet to create. The lace covering the skirt were hand-embroidered with a 100% silk design.



Marie-Ève Gaudet and LG Fashion Week magazine.



Barbie's fashion week. Held March 28 to April 3, people feel the opportunity to have their pictures taken in a Barbie box, because the box has a lot with that, people could make statements on one person's work. Barbie gave me an exciting choice.

## By Lisa Rieser

I recently visited a supermarket in the U.S. but I realized that as you can, dates deeper and a good book as an inspiring purchase. fashion is more than meets the eye. Every detail of a collection, from the fabrics and techniques to the use of colour and how the pieces are arranged along the runway has been meticulously thought out, leaving a person a purpose.

However, many people don't realize that visiting different countries to the same as

the next, without any unique fashion houses. In fact, collections are created by an individual mind with a taste, a moment or an expression that had a profound influence on the designer.

Barbican LG Fashion Week was held March 28 to April 3 and was an opportunity to see Canadian up-and-coming fashion designers work in all their glory, accompanied by a back drop of fashion prints combined with models wearing the runway in character. Some of the Canadian fashion designers at the event were

# at Toronto's LG Fashion Week

cal power, using nature to draw her power from within, that is where we come up with the packaging idea. We come up with very strong looks and I think you could possibly see the forest feel and the water images, turquoise leaves and roots, all because she was very in tune with nature."

Glendell explained the process of going from an idea to a collection. "When creating a collection it must all work together. So you start with your theme, your inspiration, then I something that ties it all together. After that, it is a question of deciding what sorts of fabrics to use and whether to risk or introduce new fabrics, fibres or threads. Then you have to put all these and risk driving it all, which is a very long process, much longer than the initial making of the pieces, because I go through a lot of overhauls to be able to come up with the exact look that you want for each piece."

Glendell's models were the runway's new young beauty, short and sassy. They have long, frizzy and textured hair pieces and they were gold short and lace covers on their faces.

"The gold is a powder that I mixed with an agent that allows it to become a liquid and to keep the metallic look of it," said Glendell. "We bought some lace and glued it onto the face with eyelash glue. We started at 1 p.m. for our show which was at 4 p.m. and literally the models were done 10 minutes before the show."

## Angela Chen

"The purpose for the show I had limited, every single piece in the collection and Angela Chen '09 a Vancouver native and graduate of Parsons of New York. There were 20 pieces in her collection."

This was Chen's first fashion week show and she was extremely happy with it and hopes that more buyers will be interested in carrying her line Orange by Angela Chen.

Chen said that her life inspired her designs and that's particularly true.

"This season's collection is titled, 'Clement' and Chen said, "We very much want people to know I have lived in New York for the past seven years and I just recently decided to live in Canada between New York and Vancouver. My fall winter 2009 collection reflects the hard sophistication of New York and the soft sophistication of the west coast."

The models were put together with such intention in mind. Their hair was very textured with almost a hippie feel and their makeup was very natural. The clothing was minimalist and feminine but had a sophisticated New York look.

"I looked for models that have the Orange girl look and attitude and a bit of New York confidence," said Chen.

## Branden Dwyer

Branden Dwyer, who is currently on the Dominican Republic looking for inspiration for his spring collection, said:

2011 FASHION collection designs for the spring. But any woman who knows what she wants."

His fall collection was inspired by different countries and events that have been through this past year and Dwyer's kind of put everything that was going on in his life into a long running book and started it all together and there was my collection."

Dwyer starts with his main idea on that "with the one outfit or idea in mind you can start to put out your fabrics and colors. Once you have decided on materials, styles, and basic silhouette to fit in throughout the collection, you decide all the patterns. Then you start the sewing and the draping and the editing and probably part of creating a collection. During the whole process there is time of editing, as the editor can always question and realize into something different."

The collection was edgy, very sexy and less feminine than the previous collection. The look had strong sexual, leather and lace feel. The models all wore black wigs that covered one eye with black feathers passed in the fringe and had a very urban look.

"These designs typical the style and design that I showcase Fashion Week."

More than 20 designers participated, showing the Canadian fashion industry is on great health. These models looked and acted strong taking the world by storm.



PHOTO BY LISA BUCHER

Angela's fall collection was inspired by Mexico, a region from the South American Andes and the Andes.



PHOTO BY LISA BUCHER



PHOTO BY LISA BUCHER

David Morris and his Glendell's second year participating in the LG Fashion Week at the new conference building at the CNE grounds.

David Glendell's fall collection for fall 2009 was inspired by Covent Garden in London.

## Students to perform play in the Sanctuary April 21

By ALEX GORE

CSE Club and Concepts Dramatic presents "The Wrecks Trap," a play written by John Bechtell and directed by Vicki Koen and Jordan Chalmer, all Concepts students.

On April 21, 2009, the club, made up of Concepts students, will perform the play in the lower Sanctuary of Davenport campus.

Golden students will perform the play in the lower Sanctuary of Davenport campus.

The play depicts into the world of Ovekko, a philosopher who has produced several too while places who are pulled inside the stage and confronted by a variety of his characters in an attempt to improve the quality of his writing.



**1 in 5 survives.  
We can all do better.**

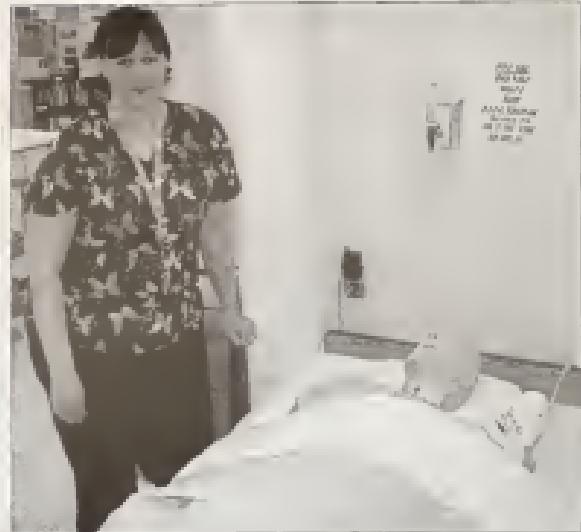
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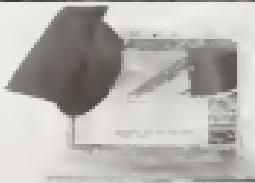
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# Treating eating disorders often difficult

## Wait times, especially for inpatient programs, are much too long

By JANELLE BONHOMME

The treatment of eating disorders does not receive only the patient and a doctor but a team of health professionals and the individual's family and friends.

Eating disorders create a skewed relationship with food and usually body image, and self-confidence issues. Individuals may be preoccupied with their appearance, obsessed with losing the last pounds, their self-worth based on those traits. They may try to control their weight by under-eating (purging, starving), binging and purging, bulimia, overeating, using laxatives, diet pills or diuretics or engaging in excessive exercise.

Also considered an eating disorder is binge eating, leading to long overeating. Many of the mental and body issues such as body image are similar to other eating disorders.

Although the majority of individuals suffering from eating disorders are female there are also an increasing number of males being diagnosed, some of whom may have "bipolar," which is a diagnosis that they are also being treated to overeat and an increasing likelihood of obesity.

Although the type of individuals suffering from eating disorders are female there are many local organizations and services available in the community to assist.

Trollie Mental Health and Developmental Services, located in Kitchener, has programs aimed specifically to eating disorders, including "inpatient assessment, treatment and supervision" and therapist Mark Brewster.

Brewster's website is "team of doctors, therapists and social workers" in addition to regular contact with the patient's physicians.

Trollie is OMEP funded and offers services related to mental health issues. They seek to improve the ability of these individuals to cope and live successful and happy lives, including those with disabilities.

Patients in Trollie programs do not have to be referred by a family physician but can only treatment themselves, and then through treatment or treatment to the individual and services for assessment and intake.

For adolescents, treatment also includes the family. Eating disorders affect the



People give a lot of mixed messages when it comes to eating properly and yet nutrition can contribute to an unhealthy relationship with food and potentially an eating disorder.

way the entire family functions and relates to one another, making it necessary for everyone to be treated and working collectively. The admissions process will assess an in and out patient with their team of health professionals as well as a support group, while families attend their own group and support their loved one.

The treatment for an adult patient would involve the same team approach, but without the family involvement if they are living more independently.

Trollie does sometimes refer more severe cases to inpatient care facilities such as Homewood in Guelph, Credit Valley Hospital in Mississauga, Toronto General Hospital or the Hospital for Sick Kids in Toronto for younger patients. Homewood is a private facility with only a few privately funded beds, while the others are fully funded by OMEP.

Homewood Health Centres mental health team and addition. They have programs to treat eating disorders, as well as drug, alcohol and gambling disorders, depression and anxiety, trauma, stress, domestic and sexual abuse, domestic and sexual assault found in older adults and they also provide psychiatric care.

Homewood treats about 4,000 patients each year in its inpatient and outpatient programs using a team of treated and untrained staff.

According to April Gates, program co-ordinator for nutri-



PHOTO BY JANELLE BONHOMME

tion disorder treatment, patients must be at least 18 years old and require a diagnosis from a doctor or those just usually when they have reached a low body mass index.

Homewood treats between 800 and 1,000 people each year in their eating disorder programs, with a couple of beds funded by OMEP and the rest paid for privately at around \$225 per day.

Patients being treated for bulimia generally stay anywhere between seven and nine weeks, while those with anorexia can stay for up to six months. "They need nutritional management to succeed" and maintain their recovery, said Gates. "Almost applying the term of 'recovered'."

Homewood uses the same team approach as Trollie, a combination of its health professionals including doctors, psychologists, therapists and dietitians.

In order to help their "patients" maintain the positive momentum generated during treatment, they also hold a support group twice monthly for those back at home.

Patients are referred to Homewood by their family physicians, therapists or they may hear of them through the Ontario Eating Disorders Association, Coalition of Western Region OEDAWR.

EDAC is often a first resource for those who suspect they or someone they know may have a disorder. According to executive director Kathryn Bowen, there 400

hospitals treat the lack of importance in one area that needs improvement in the treatment of eating disorders in this community. The hospitals will probably have long wait times, however, OEDAC will find resources such as the bodies that employ the person in danger of severe and permanent damage if they don't receive help immediately. Eating disorder care should be focused as early as possible for recovery to take place.

Trollie's Homewood would like to see more support groups available both for those with eating disorders and also for those loved ones. These groups are very important on the road to recovery but they must be facilitated by qualified staff to be successful and helpful, a task many are unwilling to take on.

Gates, at Homewood, would like to see more programs that treat "bouts" of disorders. "Eating disorders do not usually occur all at once, but also also involve anxiety, depression or substance abuse. We would like to see more places where individuals can seek out multiple issues at once."

At Homewood, they are lucky because they can bring in other programs they have but many organizations don't have that luxury.

The treatment of eating disorders is long and difficult, but there are many organizations and individuals who are qualified and passionate about helping people who struggle with these disorders.

### SHOCKING STATS

■ According to a 2000 survey, 1.8 per cent of Canadian women aged 15 to 24 had an eating disorder.

■ The average duration of bulimia increases in 6-8 years.

■ Anorexia nervosa has the highest mortality rate of any psychiatric illness in women 10 to 15 die within 10 years.

■ Adolescent females who die of anorexia have a greater rate of death than those who don't die.

■ Twenty-eight per cent of girls in Grade 10 and 29 per cent of girls in Grade 12 report themselves as too fat.



## HOROSCOPE

Star of April 13, 2009

Aries  
March 21 -  
April 19

This weekend you will decide to jump off the roof of your friend's house while shouting "I am a golden god!"

Libra  
September 23 -  
October 22

On Friday you will begin training in Brazilian jiu-jitsu. This will prove use ful in your new job as a bouncer at nightclubs.

Taurus  
April 20 - May 19

On Thursday you will make the decision to build a pair of shorts that let you pass over 50 feet in the air by hollie to your new job in the NBA.

Scorpio  
October 23 -  
November 21

At some point during the week you will be forced by a group of friends to predict the future from a group of horoscopes. You will gather and other guesses to do so.

Gemini  
May 22 - June 21

On Tuesday you will hear about new advances which use 3D technology. The bid the TV show over \$4,000 and each set of people cost \$100.

Sagittarius  
November 23 -  
December 21

You should know of a transvestite wearing a leather fashion hat. The transvestite will attempt to rob you of your car keys.

Cancer  
June 22 - July 21

On Sunday you will develop a new kind of piano technique. Prepare to be rock solid. Hot. Rock your skin for no money.

Capricorn  
December 22 -  
January 19

On Sunday a Chihuahua home will distract through your window. You should argue with the owner of the house and tell the house itself.

Leo  
July 13 - August  
22

On Wednesday you will get into a fight, with a Croatian street fighter. Be worried about getting cards to your eyes.

Aquarius  
January 20 -  
February 18

On Monday a very busy man will tell you some words and knowledge for your love. Beginner he is so busy you will likely get a good deal.

Virgo  
August 23 -  
September 22

This weekend you will be convinced by a great friend to meet up with your ex and his new girlfriend for a game of cards.

Pisces  
February 19 -  
March 20

This weekend you will get digestive problems in your eyes. This will be quite painful. Flashing them out with water or milk would be a good idea.



Nick Dales is a second-year journalism student who makes these up for your amusement.

# Driven to Quit Challenge a huge success

By NICOLE FRANK

The Driven to Quit Challenge raised \$5,000 plus across Canada to try and stop smoking. Jordan Morris, senior co-ordinator of communications for the Smoker's Helpline, said:

"It was the best year yet," she said.

The challenge, which officially ended March 31, was presented by the Canadian Cancer Society and participants planned to quit smoking for

the entire month of March to qualify for great prizes. Some of the prizes included \$1,000 Master Cards and trips. The top prize was a 2010 Ford Escape.

Jordan said they are in the process of collating the winners and they will be publicly announced on April 18.

Even though former Conservative Colleen Weston and Mayor Pauline Ball's wife also quit this year, she took part in the challenge.

"I have tried many different

things to stop smoking but really worked for me," she said.

Jordan said as part of the challenge she picked a buddy who really helped her out. Participants were encouraged to get a friend or family member who was smoke-free and include the support. The individuals were also eligible for prizes.

"My buddy didn't use tobacco but she did eat more when she烟了, how much she helped me," Weston said.

## Counselling services presents the STRESS FREE ZONE

Wednesday April 14th / 10:00am - 1:00pm

Please drop by the E Wing

Massage Therapy  
Come in for a free mini session.

Wednesday April 14th  
STRESS FREE ZONE  
E Wing

Feeling overwhelmed?  
Anxious?  
Stressed?  
The exams are stressing you out!

reflexology  
healthy snacks

R-E-S-P-E-C-T FIND OUT WHAT IT MEANS TO ME



Colourful banners could be seen throughout the Green campus during Respect Week held March 29 to April 3. There were 27 volunteers who supported the event and who helped or distributed 375 stickers.

PHOTO BY CHRISSIE BALT



PHOTO BY ALICE BALT

Branka Lajcakova, a second-year pre-nursing arts student, and Alysonne McLean, a third-year nursing arts student, work on banners. Twenty-eight banners were designed at cost, raising \$200 for the Respectful Relationships Committee.



PHOTO BY ALICE BALT

First year nursing arts students, left to right, David Scott, Anthony Fleming and Dennis Maphosa were three of the 27 volunteers. Ryan Conner, student life programme, described the number of visitors, newborns and happy moments experienced during Respect Week as "phenomenal."

# Conestoga has two new student ambassadors

By WILLIAM NEUBERG

Two exceptional students donned their red jackets and name tags to become the newest members of Conestoga College's team of student ambassadors at an induction ceremony April 1.

Like their fellow ambassadors, Sabine Ribeiro and Carol Truong-Cat, they were appointed to the position because they exemplify "the best of the best" of Conestoga's student population. They will be on hand at a variety of events including campus fairs and school gatherings to share their personal experiences and promote the college.

"In order to be a student ambassador you really have to be reliable, you have to be a good student with good marks and you have to be very outgoing and outgoing," said Pat Toloknicki, director of the students' director of marketing and relations.

Vice-president of student affairs Mike Deering, and director director of marketing and relations, Paul Odorico, presented Ribeiro and Truong-Cat with their distinctive jackets and rewarded the latest induction and their fellow ambassadors, Rya Hettler and Alanna Afros, with executive director of marketing and relations, Paul Odorico, made sure all smiles at the induction ceremony for new members of Conestoga College's team of ambassadors.



Student ambassadors, left to right, Rya Hettler, Carol Truong-Cat, Sabine Ribeiro and Alanna Afros, with executive director of marketing and relations, Paul Odorico, make sure all smiles at this induction ceremony for new members of Conestoga College's team of ambassadors.

at the college and the community.

"When I stand and speak to a bunch of prospective students, I'm just another adult talking there's someone so important," said Odorico. "But when you sit at a gate talk to them, it can really help them and it means a lot to

them. You're always representing not just yourself, but your program and your school and the college."

Through a bit of research about the responsibility, they were making up, both Ribeiro and Truong-Cat were looking forward to the opportunity that came with being a stu-

dent ambassador.

"It feels awesome in terms of all your hard work paying off," said Truong-Cat, a second-year international business management student. "I think being involved in representing the school really helps us with our education and our careers."

"It is a lot of motivation for you especially because you don't really know if you can get anywhere when you come to college or university," said Ribeiro, a first-year marketing student. "I really wanted right now, to be a big weight, but it's a big honour."

## SWEET SPRING IS IN THE AIR



PHOTO BY JENNIFER BROWN

Winter is over and the sun is out, but it's still cold outside. Temperatures will remain above 10 C, reaching the 20 C mark by mid-week.

## WATCHING OUT FOR A FRESH CROP

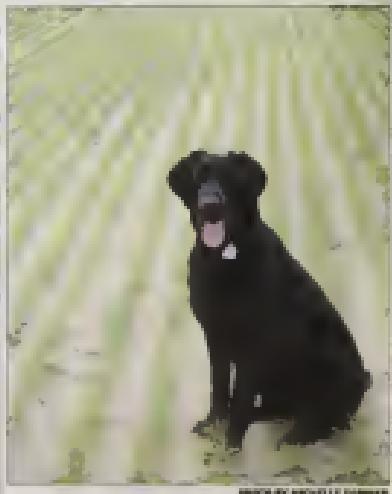


PHOTO BY NICOLE BROWN

Everyone loves spring, even Shadrack, a Labrador retriever cross. However, the farmer who owns this field may not be happy that Shadrack is sitting on his newly ploughed winter wheat.